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CANADIANS NEED MILK

THE LITTLE BLUE BOOKS

HOUSEHOLD SERIES

ISSUED BY
DEPARTMENT OF HEALTH, CANADA
OTTAWA

"To keep milk clean we need inspection. To render milk safe we need pasteurization.

Inspection goes to the root of the problem. Through an efficient system of inspection, the milk supply should be cleaner, better, fresher, and safer. Inspection, however, has limitations. These limitations may be guarded against by pasteurization.

A milk supply, therefore, that is both supervised and pasteurized is the only satisfactory solution of the problem."

—*M. J. Rosenau.*

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Dairy Cattle in Canada.

Canadian Government Motion Picture Bureau.
Ottawa.

DOMINION OF CANADA

DEPARTMENT OF HEALTH

CANADIANS NEED MILK

BY

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OTTAWA

F. A. ACLAND

PRINTER TO THE KING'S MOST EXCELLENT MAJESTY

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"In every work the beginning is the most important part, especially in dealing with anything young and tender."

—*Socrates*

"The people who have made liberal use of milk as a food have, in contrast, attained greater size, greater longevity, and have been much more successful in rearing their young. They have been much more aggressive than the non-milk using peoples, and have achieved much greater advancement in literature, science and art."

—*E. V. McCollum*

"Nothing is more worth while than bringing efficiency into the home. When housekeeping becomes a science, as well as an art, when it is based on measurement—then it becomes worthy of the best brains and highest endeavour."

—*Frank B. Gilbreth*

"The most essential obligation in a woman's business, is establishing her household on a sound moral basis. If a child is anchored to basic principles, it is because his home is built on them. If he understands integrity as a man, it is usually because a woman has done her work well. If she has not done it well, it is probable that he will be a disturbance and a menace when he is turned over to society."

—*Ida M. Tarbell*

WE NEED MILK

WE need milk because it is our best protective food. Children cannot grow well without milk.

Whatever price we have to pay for it, milk is still the cheapest food for children because it is the indispensable food for them. Everybody needs milk. It should be used every day in cooking. Dairy products such as milk, butter, cream, and cheeese should be on our tables at every meal. Farmers who sell all or nearly all their milk and cream to other people, and let their own children go without, are wronging their children and depriving them of their indispensable food—the only food they can thrive and grow strong on.

" A family of five should buy three quarts of milk before they buy any meat."

Each child needs about a quart or more of milk a day, prepared in different ways. More children are delicate and sickly from the want of milk than perhaps from any other cause. They can learn to like it.

Summer Milk and Green Fodder

Milk is not as valuable and satisfactory a food as it should be unless the cows have some

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green fodder every day, and are out in the fields as much as possible. Summer milk has an advantage, but if the cows are properly fed, winter milk is good.

Clean Milk

It is clean milk which is the cheapest and most valuable of foods, not dirty milk. Dirty milk is dangerous and poisonous. Children cannot grow and develop on dirty milk as they do on clean milk.

Milk is made dirty—

1. By a dirty udder.
2. By the milker's dirty hands and clothes.
3. By dirty pails, pans, botttles or other utensils.
4. By dust or dirt of any kind getting into it, either dirt you can see or dirt you cannot see.

The commonest disease germs found in dirty milk are those which cause summer diarrhoea in babies, sore throat, diphtheria, tuberculosis, typhoid fever and scarlet fever. Dirty milk kills little children.

How to Get Clean Milk

There are two ways to make sure that we get clean milk. First: Have one or more cows

of our own, be sure the cow and particularly the udder of the cow, is healthy and clean and that she is out in the field, or in a clean stable; be sure the milker is healthy, and that everything about him is clean, particularly his hands and clothes, and that " covered pails " or "small-top " pails are used for milking, also that every pail, bottle or other vessel and utensil is kept clean and sterilized, and that the milk is pasteurized and then that it is cooled down below 40 degrees and kept at that temperature, and covered.

Second: If we have no cow of our own, then we should get the very best and cleanest milk that we can, pasteurized, bottled, and sealed, cooled after pasteurizing to 40 degrees F. and kept at 40 degrees or below.

It is not safe to use milk which is not pasteurized. Even if we can and do take all the precautions mentioned above it is safer to pasteurize all milk and cool it to 40 degrees or below and keep it at 40 degrees or below.

Stint the Milk and Stunt the Child

Young children who get plenty of milk will grow better, have better teeth, bones, muscles, and better health than children who have little or no milk. Vitamins are necessary to growth

and milk contains vitamins. No preservatives —no colouring matter—no water— nothing should be added to milk, and nothing should be taken from it.

Hot Weather

In hot weather very great care should be taken of milk, especially of milk for little children. Keep it cold, clean and covered.

Look at Your Milk Bottle

Do not forget to look at your milk bottle. Believe your eyes. If you see something black or brown at the bottom of the bottle you should return this bottle to the milk-man, and show him the sediment.

One of the most useful of our senses, from a health point of view, is the sense of smell. If, when you open the milk botttle, this sense gives you any warning, however slight, do not fail to heed it.

Handle with Care

Handle milk carefully in your house. Keep it cold, clean and covered. Keep every glass, cup and bottle that you use perfectly clean.

There is no substitute for milk. Never give milk substitutes to children on any considera-

tion, if you can get fresh milk, and do not take children to places where you cannot get fresh milk. Be very careful of your good milk. Do not waste a drop. Every drop can be used.

Rules for Cleanliness

Wash off the top of your milk bottle before you pour out the milk.

Wash the empty milk bottle first with cold water, then with warm water. Never buy "loose" milk. Buy bottled milk. Never keep anything but milk in a milk bottle. Take the cap off the milk bottle with a clean fork. Let the milk bottle stand touching the ice in the refrigerator.

Pasteurization

Pasteurization means heating milk to 145 degrees Fahrenheit and keeping it there for thirty minutes. Pasteurized milk should not be kept longer than 24 hours before using and must be kept cold, at 40 degrees or lower.

There should be a pasteurizing plant in every town and city and all milk should be pasteurized. Milk should never be pasteurized twice.

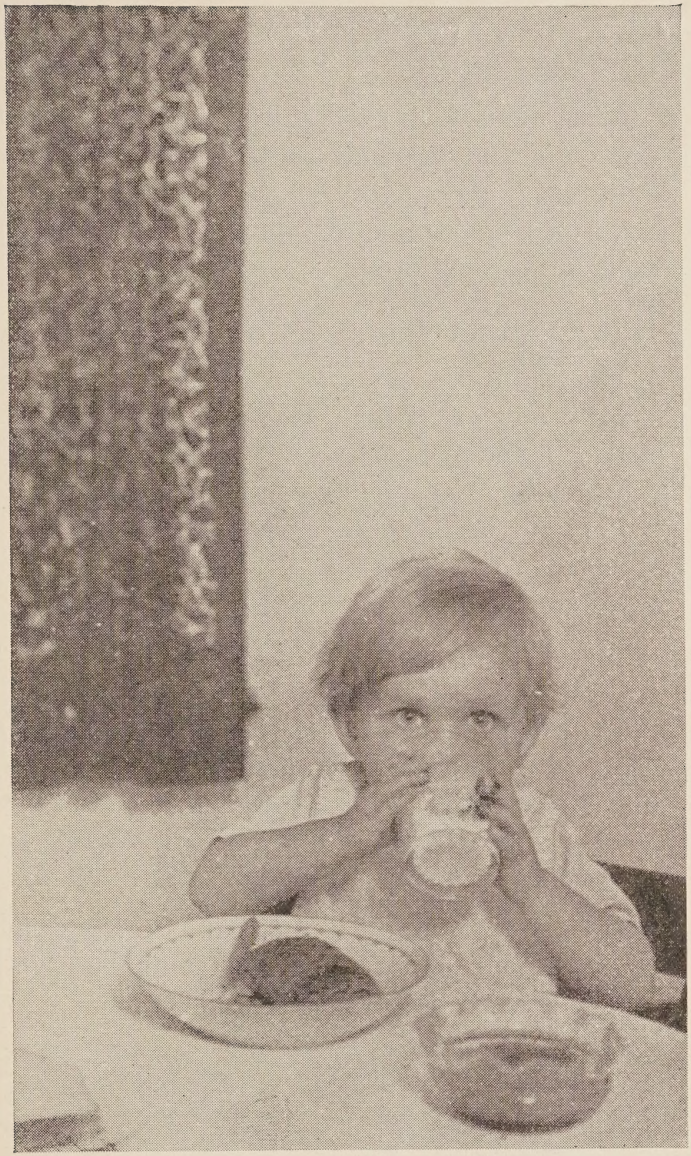
Pasteurizing at Home

We can make milk pretty safe by bringing it almost to the boil, letting it cool for thirty minutes then placing it in the ice box, or keeping it cool in any other convenient way. Use this milk within twelve to twenty-four hours.

This is a convenient way to pasteurize milk at home:—Take an ordinary saucer and a four quart tin pail. Put the saucer in the tin pail; stand the botttle of milk on the saucer in the pail; pour warm water, not so hot as to break the bottle, into the pail to fill it nearly to the top of the bottle. Put the pail on the stove and heat till the water begins to boil, then remove the bottle of milk from the pail at once, shake it, and let it stand half an hour on the kitchen table; then put it in the ice box.

Care in Handling

Milk spoils more quickly than other foods. It needs much care to keep it clean. It is almost a perfect food, if the cows are healthy, well fed and have some green fodder. It is an "all-round" food because it contains all the different kinds of nourishment that a person requires. It has lime to make bones, and material to make muscle and nerve cells, and all other cells in the body.



I'm Drinking My Milk Slowly W. J. Turnbull

Milk for Children

Milk helps to keep children well. Children need one and one-half pints to one quart or more every day. Adults need a pint or more. Save on other things if you must, but not on milk for the children.

How to Spend Your Food Dollar*

Meat and fish	12 cents.
Milk and Dairy products	44 "
Bread and cereals	13 "
Vegetables and fruits	17 "
Eggs	6 "
Sugar	3 "
Miscellaneous	5 "
	$1 00

In every dollar you spend for food, use 44 cents in the purchase of dairy products—milk, butter, ice-cream and cheese.

Use More Milk

Use more milk and its products—more vegetables and fruit, and less meat and fish—and you will have better health and so more happiness.

*Dr. Sherman.

"Milk is the most satisfactory single article of food which is suitable for consumption by man. It is not an ideal food when taken over a long period as the sole source of nutriment, but is the best one with which nature has provided us. It is the one food for which there is no effective substitute."

—*E. V. McCollum.*

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